



Healthy AZ School Challenge

Criteria and Instructions

The Healthy Arizona School Challenge (HAZSC), developed by the Arizona Department of Education (ADE) is a recognition program open to all Local Education Agencies (LEAs) participating in the National School Lunch Program (NSLP). The Healthy AZ School Challenge recognizes the efforts and commitment made by a school to improve the health and well being of its students through the local wellness policy implementation, providing nutritious meals, nutrition education, and physical education.

The ADE encourages schools to take a leadership role in educating students about making healthy eating choices and participating in an active lifestyle. Many Arizona schools have already started to make changes by providing more nutritious and healthy choices. This award will be effective the school year in which it is awarded and will last through the following school year. Schools showing continued commitment are encouraged to reapply at the end of their award period.

Submission & Processing of the Application

The application and required materials must be submitted to the Arizona Department of Education, Health and Nutrition Services at 1535 West Jefferson Street, BIN #7, Phoenix, AZ 85007. Typed applications are preferred, but hand-written applications will be accepted.

The following items are required to process the application:

- ☒ Applicant School Information Sheet.
- ☒ Menus for reimbursable school lunches. Menus submitted must reflect all items offered or served for three consecutive and complete (five day) weeks*. Any substitutions from the planned menu must be documented.
**Schools operating 4-day weeks consistently are also eligible and must meet the same criteria.*
- ☒ Recipes, ingredient statements and/or Nutrition Fact Labels for the items contributing to the whole-grain criteria and for any items sold a la carte.
- ☒ List of items sold/served a la carte.
- ☒ Summary of school's Local Wellness Policy.
- ☒ Nutrition Education Criteria Information Sheet.
- ☒ Physical Education Criteria Information Sheet.

The school is required to keep a copy of the signed application packet, as originals will not be returned. Once the application and materials have been received, a representative from the ADE-Health and Nutrition Services will review the application against all criteria. ADE will notify the school's contact person with any questions and the results. Unsatisfactory or incomplete applications may be edited or completed and resubmitted.

Criteria for Certification

1. The LEA must be in good standing with the ADE-Health and Nutrition Services, holding no outstanding issues on the most recent Coordinated Review Effort (CRE) and School Meals Initiative (SMI) reviews.
2. Reimbursable school lunches offered must demonstrate healthy menu planning according to the School Meals Initiative and must meet or exceed the menu criteria in the following chart. Menus submitted must reflect all items offered or served for three consecutive and complete (five day) weeks. For each day, and each menu criteria, a child must have the opportunity to select a meal that meets all the criteria.

Criteria	Additional Information
Three (3) different fruits and four (4) different vegetables offered each week	Juice (fruit or vegetable) may only be counted twice per week
At least one fresh fruit and fresh vegetable offered every day of the week	“Fresh” or “raw”
Cooked legumes (dried beans or peas) – one or more servings offered each week	Canned items are acceptable
Whole-grain foods offered every day of the week	A whole grain food is one with a whole grain as the <i>primary</i> grain ingredient. Examples of a whole grain ingredient include the terms “whole wheat flour”, “entire wheat flour”, “cracked wheat”, “graham flour”, “brown rice”, “old-fashioned oatmeal”, “quick cooking oats”, and “whole corn”.
Low fat (1%) and/or skim (nonfat) milk offered daily	

3. The foods or beverages sold/served a la carte, in vending machines, school stores, snack bars, etc. to students in grades K-8 must meet the Arizona Nutrition Standards. For detailed information on these standards, please use the Arizona Department of Education’s website: <http://www.ade.az.gov/health-safety/cnp/HB2544/Default.asp>. Schools must submit a list of the items sold/served and the corresponding nutrition facts labels for review.
4. Nutrition education must be provided to all enrolled students in the school and must meet or exceed the criteria listed below:
 - Nutrition education must be offered as part of a coordinated school health curriculum or as a structured unit of instruction. Complete the **Nutrition Education Information Sheet** included in the application packet.

Criteria for Certification (continued)

5. Physical education must be offered at a minimum of once per week during the entire school year to all enrolled students in the school.
 - Children should be routinely encouraged to participate in physical activities offered by the school. Physical education classes must be offered to all students. Classes are required to follow the Arizona State Standards for Physical Education (for more information please visit <http://www.ade.az.gov/standards/health/>). The school should also offer physical education opportunities outside of the classroom setting such as walking clubs, walk-to-school programs, biking clubs, or intramural sports.
 - Complete the **Physical Activity Information Sheet** included in the application packet.
6. The school must have developed and implemented a Local Wellness Policy. A summary of the school's Local Wellness Policy must be created and submitted. The summary shall address the following items:
 - Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the LEA determines appropriate;
 - Nutrition guidelines selected by the LEA for all foods available on each school campus under the LEA during the school day with the objective of promoting student health and reducing childhood obesity;
 - Assurance that guidelines for reimbursable school meals are not less restrictive than the regulations and guidance issued by the USDA;
 - A plan for measuring implementation of the local wellness policy, including designation of one or more persons within the LEA charged with the responsibility of ensuring that the school is following the local wellness policy; and
 - Involvement of parents, students, representatives of the school food authority, the school board and school administrators, and the public in the development of the local wellness policy.

Recognition

Once the application has been approved by the Arizona Department of Education-Health and Nutrition Services, the school(s) will be recognized in the following ways:

- Receive a certificate of achievement
- Recognition letter sent to the school's Superintendent
- Posting of the school's name and certification status on the Arizona Department of Education-Health and Nutrition Services, National School Lunch and Breakfast Programs website
- Annual recognition of school's certification published in ADE's *SCOOPS* Newsletter



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Please complete the application and mail to:
Arizona Department of Education, Health and Nutrition Services
1535 West Jefferson Street
BIN #7
Phoenix, AZ 85007

If you have any questions regarding the *Healthy AZ School Challenge*, please contact Cara Peczkowski at 602-542-8703 or via email at cara.peczkowski@azed.gov.

Applicant Sponsor/School Information

Sponsor Name: _____

Applicant School Name(s): _____

CTD Number(s): _____

Sponsor Mailing Address: _____

City: _____ Zip Code: _____

Healthy AZ School Challenge contact information

Name: _____

Phone Number: _____ E-mail: _____

****Signature of *Healthy AZ School Challenge* contact:**

Upon reviewing this application, all information is accurate to the best of my knowledge. If awarded, our school agrees to maintain the standards and procedures indicated in this application for the duration of the award period.

Signature

Date

Healthy AZ School Challenge

Nutrition Education Information Sheet

School Name(s): _____

Grades in your school (mark all that apply): K 1 2 3 4 5 6 7 8 9 10 11 12

Nutrition education must be provided to all enrolled students as part of a coordinated health curriculum or as a structured unit of instruction. The summary of your school's Local Wellness Policy should indicate the goals for nutrition education. This worksheet will demonstrate that your school has implemented these goals.

Provide a brief description of nutrition education efforts for each grade in the following chart, *or* if the education offered is the same for each grade, you may submit a written description. Indicate if the education is a structured unit of instruction.

Grade(s)	Describe nutrition education provided

Healthy AZ School Challenge Physical Education Information Sheet

School Name(s): _____

Physical Education classes must be offered to *all enrolled students* in the school. The summary of your school's Local Wellness Policy should indicate the goals for physical activity. This worksheet will demonstrate that your school has implemented these goals.

Criteria:

- P.E. is offered to all students a minimum of once per week during the entire school year
- P.E. curriculum meets Arizona State's Physical Education Standards
- P.E. opportunities are offered outside of the classroom setting

Answer the following questions:

1. Is Physical Education offered to all students in all grades in the school? _____

2. How many times per week is P.E. offered for each grade in the school?

3. What is the duration of each class?

4. Is at least 50% of class time dedicated to moderate/vigorous physical activity?

5. In addition to P.E. classes, what other opportunities for physical activity are provided by the school?
